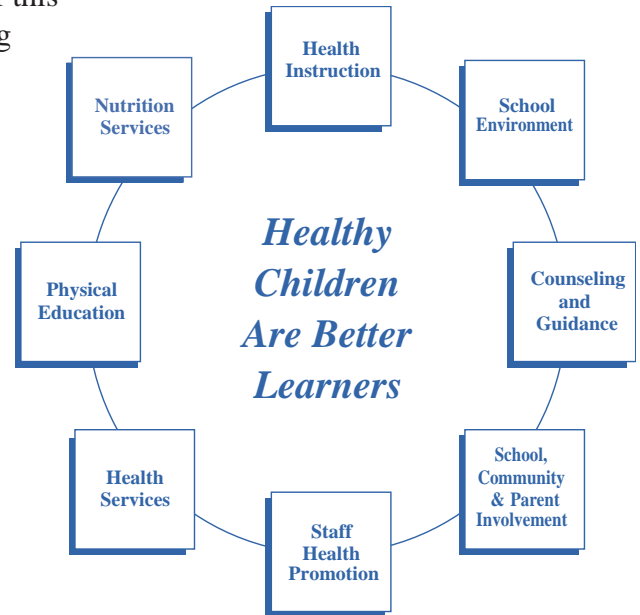


Coordinated School Health Coalition Chat Room

At the April meeting of the Coordinated School Health (CSH) Coalition, the Healthy Weight Committee gave each member a final copy of *Promoting Healthy Weight in Missouri's Children: A Guide for School, Families and Communities*. The guide is a result of many hours of work by members of the Coalition. You can obtain a copy of this document from one of the following Web sites.

- Missouri Department of Elementary and Secondary Education: www.dese.mo.gov/divimprove/curriculum/hp/HealthyWeight.pdf
- Missouri Department of Health and Senior Services: www.dhss.state.mo.us/PreventionAndWellness/HealthyWeight.pdf
- Missouri Association for Health, Physical Education, Recreation and Dance: www.moahperd.org



The 11th Annual CSH Conference was a huge success despite the ugly December weather. Over 300 participants attended 19 concurrent sessions and four pre-conference sessions. The evaluations indicated the participants were pleased with the quality and variety of the programs.

Plans are already underway for the 12th Annual CSH Conference. This year's theme will be *Closing the Achievement Gap Through Coordinated School Health*. If you are interested in submitting a proposal for a presentation, you can download the Presentation Proposal Form from the DESE Web site. The address for this Web site is: www.dese.mo.gov/divimprove/curriculum/conference/2003PresentationForm%20CSHC.pdf. The conference registration will also be located on the DESE Web site beginning September 1, 2003.

The CSH Coalition extends a special thank-you to the Missouri State High School Activities Association for allowing the CSH Coalition to use their beautiful facilities for our last few meetings.

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One copy of the
UPDATE is mailed to
each school district.
Please copy this
newsletter and share
it with the other
nurses in your district.

An Online Course for School Nurses: Population-Based Practice and Concepts in the School Setting

Do you need to know how to market your work and accomplishments to your administration or how to assess and develop programs for groups of student? If the answer to this question is yes, then this course is for you!



A new continuing-education course on population-based nursing practice for school nurses is scheduled for June 15-July 31, 2003, with an optional

6-week course to

follow. The content of this course will be the same as the course offered to practicing public-health nurses for academic credit at the Sinclair School of Nursing, University of Missouri-Columbia. The assignments, however, will be tailored to the school-nurse setting.

Content covered will include the following topics.

- Principles of population-based practice
- Community and population-based assessment
- Epidemiology and disease surveillance
- Health promotion and disease prevention
- Using evidence in practice
- Coalition building
- Social marketing
- Political action

The cost is \$75.00. CE credits will be awarded through the University of Missouri-Columbia Sinclair School of Nursing. The American Nurses Credentialing Center's Commission on Accreditation accredits the University of Missouri-Columbia Sinclair School of Nursing as a provider of continuing education. Successful completion of this course will earn thirty contact hours of credit.

Special Features

- Available online 24-7, allowing you to work at your convenience at home (if you can turn on a computer and log into a discussion board, you can participate)
- Opportunity to develop and complete a social marketing project
- Online mentoring by practicing school nurses, with participation from students enrolled in the master's in nursing program in school health at the University of Missouri-Columbia
- Network with classmates and faculty on discussion board/chat line

Results of Missouri Youth Risk Behavior Survey Now Available Online

A slide presentation of the Missouri Youth Risk Behavior Survey (YRBS) from 1995 through 2001 is now available on the DESE Web site. The survey shows that significantly fewer of the students in Missouri's public high schools engaged in behaviors that put their health at risk in 2001 than in 1995.

The YRBS is posted at www.dese.mo.gov/divimprove/curriculum/hiveducation/index.htm. For more information about the YRBS, contact Kevin Miller at 573-751-3805 or by e-mail at kmiller2@mail.dese.state.mo.us.

school health update

SPRING 2003

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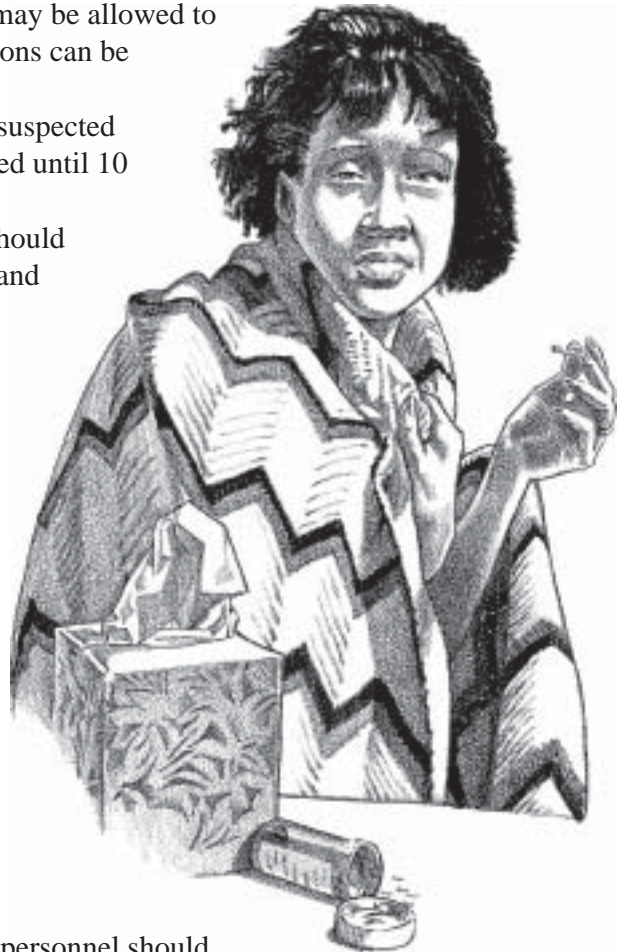
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Adolescent and Child Health Consultant
Missouri Department of Health and Senior Services

Management of School Students Exposed to Severe Acute Respiratory Syndrome (SARS)

To date, all reported patients with SARS in the United States have been exposed either through previous foreign travel to countries with community transmission of SARS or close contact (e.g., household members or health care workers) with SARS patients. Management of students exposed to SARS patients is a concern, even though casual contact has not resulted in reported transmission in the United States. The following are interim recommendations concerning management of exposed students. This information was taken from the Centers for Disease Control and Prevention (CDC) Web site: www.cdc.gov/ncidod/sars/exposurestudents.htm.

1. Exposed students who develop fever or respiratory symptoms during the 10 days following exposure should avoid contact with others, seek immediate medical evaluation, and practice infection control precautions recommended for SARS patients in the home or residential setting. Symptomatic exposed students should not go to school or work, but should stay home while arranging healthcare evaluation. In advance of the evaluation, healthcare providers should be informed that the individual may be developing SARS.
2. If symptoms do not progress to meet the suspected SARS case definition within 72 hours after first symptom onset, the student may be allowed to return to school or work, and infection control precautions can be discontinued.
3. For students who go on to meet the case definition for suspected SARS infection, control precautions should be continued until 10 days after the resolution of fever, provided respiratory symptoms are absent or improving. Suspected SARS should be reported to local health authorities, school officials and other healthcare providers immediately.
4. If a symptomatic exposed student lives in a residence where appropriate infection control precautions cannot be implemented and maintained, alternative housing arrangements should be made. If there is no such alternative, the student should be hospitalized, or housed in a designated residential facility for convalescing SARS patients, where infection control precautions can be followed.
5. Exposed students without fever or respiratory symptoms should not be excluded from school; however, these individuals should be vigilant for onset of illness, and the exposure should be reported to the appropriate points of contact.
6. In a school that has a symptomatic exposed student enrolled during the 10 days following exposure, education concerning the symptoms of SARS and monitoring of potentially-exposed students and school personnel should be conducted in consultation with the local health department.



Talking with Children About War

In response to current events, the National Center for Children Exposed to Violence (NCCEV) at the Yale University Child Study Center, has prepared new guides to help parents and teachers talk to children about war. *Parent's Guide for Talking with Children About War* and the *Teacher's Guide for Talking with Their Students About War*, address parents' and teachers' questions about why they should talk with children about war, what kinds of questions children are likely to have, and where to go for additional help. Guidelines specific to children's developmental stages are included in the guides. The parent and teacher guides are available at the following Web address: www.nccev.org/violence/children_terrorism.htm. Additional information about children exposed to violence and trauma is available throughout the NCCEV Web site at: www.nccev.org.



▲ RESOURCES ▲

■ PARENTS GUIDE TO CHILDHOOD IMMUNIZATION

Free immunization booklets are available online at www.cdc.gov/nip/publications/Parents-Guide/default.htm. Parents often get conflicting information on issues related to vaccines, but the U.S. Centers for Disease Control and Prevention have materials that can be quite helpful. These materials include the second printing of the popular booklet, *Parents' Guide to Childhood Immunization*, which covers 12 childhood diseases and the vaccines that protect children from them. The booklet includes an immunization schedule, vaccination checklist and information about vaccine safety and side effects. The booklet may also be ordered by phone at 800-232-2522.



■ USE INSECT REPELLENTS SAFELY and PROTECT YOUR HOME AGAINST MOSQUITOES

Enclosed in this mailing are two resources that are available through the Missouri Department of Health and Senior Services. *Use Insect Repellents Safely* and *Protect Your Home Against Mosquitoes* are two useful resources to have available for your students and their families.

Professional Development

■ Mental Health Issues in Adolescence Workshop

This workshop, *When Being a Good Parent or Teacher is Not Enough*, is sponsored by the Missouri Department of Health and Senior Services and Children's Mercy Hospital. See the enclosed flyer for dates and locations.

✓ MARK YOUR CALENDAR ✓

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| Aug. 4-6 | American School Health Association (ASHA) Summer Institute , Kansas City Airport Hilton, Kansas City. Contact Mary Ramsier, 330-678-1601, ext. 127, or by e-mail at mbramsi@ashaweb.org . |
| Nov. 14-16 | Missouri Association for Health, Physical Education, Recreation and Dance Conference , Lodge of the Four Seasons, Lake Ozark. Contact Jim Herauf at 660-582-7378 or by e-mail at jmahperd@asde.net . |
| Dec. 4-6 | Coordinated School Health Conference , Tan-Tar-A, Osage Beach. Contact Ken Steiner at 573-442-2963 or by e-mail at steineraa@aol.com . |

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